



## Men's Shed Grande Prairie

2026 'Get Your Shed Together' Fundraising Campaign

No Judgements.  
No Expectations.  
No Labels.

# Agenda

Men's Mental Health in Canada

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The Men's Shed Movement

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Men's Shed Grande Prairie

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2026 'Get Your Shed Together' Fundraising Campaign

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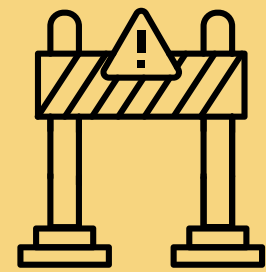
Contact Information

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# Men's Mental Health in Canada

Men experience unique barriers to accessing mental health supports



Canadian men are significantly less likely than women to access therapy, counseling, or primary mental health services



Social isolation increases significantly after retirement, job loss, or major life changes



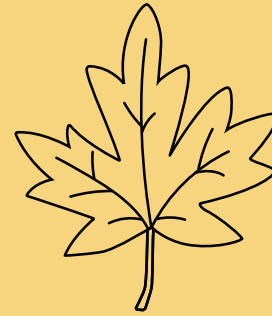
Many men avoid traditional mental health services that feel clinical or stigmatizing



Most mental health programs are not designed with men's communication styles or preferences in mind

# Men's Mental Health in Canada

## Key Statistics



### Cause of Death

Suicide remains one of the top causes of death for Canadian men, especially among younger age groups (e.g., men aged 15–39), where it is typically the second leading cause of death

*Mental Health Commission of Canada*

### High Risk Demographic

In a 2025 national survey, 23% of Canadian men were identified as being at risk of moderate to severe depression

*Canadian Men's Health Foundation*

### Access to Support

A significant portion of men report never seeking mental health help: 67% of Canadian men surveyed reported never having accessed professional mental health support services

*Canadian Men's Health Foundation*

### ¾ of Suicides

Of the roughly 4,735 suicide deaths in Canada in 2023, about 75% were males, with suicide rates nearly three times higher than for females

*Mental Health Commission of Canada*



## The Men's Shed Movement A Different Approach Works

01

### **Non-Clinical**

Men's Sheds are non-clinical, peer-led spaces

02

### **No Pressure**

No pressure to talk. Connection happens through shared activity and purpose

03

### **On Their Terms**

Men participate at their own pace, on their own terms

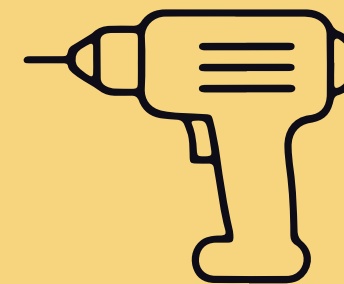
# Men's Sheds Offer



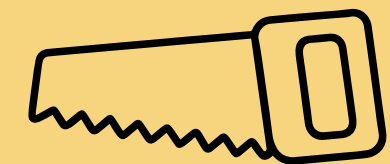
A place of community and belonging. Safe, informal, male-friendly community spaces



Purpose through opportunities for hands-on activities (woodworking, repairs, projects)



Inclusive spaces for retired, unemployed, isolated, or marginalized men



Peer support without clinical pressure or labels

"Members often tell us this is the reason they get out of the house each week."



## BUILDING CONNECTIONS, CRAFTING COMMUNITY

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The Men's Shed Grande Prairie is part of an international, grassroots, member-driven Men's Shed movement. Men's Sheds provide a welcoming space where men of all ages and backgrounds can come together to share skills, engage in hands-on projects, and foster friendships. Whether you are looking to learn something new or enjoy some good company, Men's Shed is the perfect place to connect.

*"Belonging is protective. Purpose is powerful."*

# Our History

Men's Shed Grande Prairie was founded in 2020 by Richard Nasedkin

**Founded**

2020



**Moved in to first  
space**

2022



**Partnership with  
RCSP**

2023



**Advisory Committee  
Founded**

2025



# 2026 Get Your Shed Together Campaign In Support Of:



## **Sustainability**

Sustain and strengthen  
Men's Shed Grande  
Prairie



## **Affordability**

Ensure accessibility and  
affordability



## **Programming**

Support safe  
operations,  
programming, and  
community growth

**2026 Campaign Goal: \$50,000**

01

### We Are In This Together

Exclusive Top Tier  
Premium Recognition

One Opportunity @ \$5,000

02

### A Few Good Friends

High Value Partners  
Excellent Recognition

























Ten Opportunities @ \$2,500

03

### You Are Not Alone

Be Part of the Community  
Strong Recognition Presence

Twenty Opportunities @ \$1,000

|   | We Are In This Together<br>1 @ \$5,000<br><i>SOLD</i>                                 | A Few Good Friends<br>10 @ \$2,500  | You Are Not Alone<br>20 @ \$1,000   |
|---|---|---|---|
| WEBSITE<br>Feature                                      |    |   |   |
| FACEBOOK<br>Feature                                     |    |   |   |
| PHOTO OPPORTUNITY<br>Video / Reel                       |    |   |   |
| FATHER'S DAY BRUNCH<br>Headline Sponsor                 |    |   |   |
| FATHER'S DAY BRUNCH<br>Greetings / Speaking Opportunity |    |   |   |
| TEAM BUILDING EVENT<br>at Men's Shed                    |    |   |   |
| WEBSITE DONOR PAGE<br>Feature Logo                      |   |   |   |
| FACEBOOK<br>Individual Shout Out                        |  |  |   |
| PHOTO OPPORTUNITY<br>Photo                              |  |  |   |
| WEBSITE<br>Donor Page                                   |  |  |  |
| LOGO SIGNAGE<br>Men's Shed & Events                     |  |  |  |
| MEMBER MADE<br>Commemorative Plaque                     |  |  |  |
| FACEBOOK<br>Group Shout Out                             |  |  |  |

# In-kind Donation Opportunities



### Plywood

1 @ 3/8 Lift of  
Plywood



### Lumber

1 @ Lift 2 x 6 x 8'  
Spruce Lumber



### Pizza

4 x Pizza Party  
for Shed Members



### BBQ

4 x BBQ Supplies  
for Shed Members

| In-kind Donors > \$1,000 Receive:   |  |
|-------------------------------------|--|
| WEBSITE<br>Donor Page               |  |
| LOGO SIGNAGE<br>Men's Shed & Events |  |
| MEMBER MADE<br>Commemorative Plaque |  |
| FACEBOOK<br>Group Shout Out         |  |

*\*Donors are eligible to receive the detailed recognition package, or a charitable tax receipt, not both*

# Other Ways to Support



## Small Monetary Donations

In Person: 11434 97 Ave, Grande Prairie, AB T8V 5Z5  
Online: <https://www.sp-rc.ca/donations/>



## Follow us on Facebook

Join our nearly 3,000 followers for updates and news!



## Tell a Friend

Our doors are open, become a shed member today.



Resource  
Centre

FOR SUICIDE  
PREVENTION



**LET'S CONTINUE THE  
CONVERSATION**

**CONTACT US:**



(587) 803-8330



info@mensshedgp.org



www.mensshedgp.org



**Thank you!**

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# Jack's Story



I've been with the Grande Prairie Men's Shed for almost two years, but the story that brought me here started long before that.

In my late fifties, I came out as a gay man.

It took me a lifetime to say those words. To claim that truth. And when I finally did, it hit me harder than I ever expected. The weight of years spent hiding, pretending, and holding myself together finally broke through. I was overwhelmed, not because I regretted coming out but because I didn't know what came next.

I admitted myself to the hospital.

It wasn't easy. At first, they weren't even going to take me. Maybe I didn't look like someone in crisis, but I was. I was hanging on by a thread. Eventually, they saw that. They admitted me, and I stayed for 12 days.

Those 12 days, strange as it may sound, were the best days of my life.

Because for the first time, I wasn't hiding. I wasn't pretending. I was just... me.

When I left that hospital, I was determined to live differently. I wanted connection and acceptance.

And that's when I found the Men's Shed.

I didn't know what to expect. I carried all the usual fears, would I be judged? Would I be welcome? But when I walked through those doors, none of that mattered. I found a group of men who didn't care about labels and didn't ask for explanations, just a coffee, a conversation, a shared laugh or silence.

For the first time, I was fully seen and accepted.

Not tolerated. Not just included. Accepted.

I'm 69 years old now. And because of the Men's Shed, I'm not just surviving; I'm living. We build things together, woodworking, small projects, useful stuff, but that's not the point. The point is that we show up. We sit together. We talk about life, or we don't. There's no pressure here. Just space.

Just kindness.

This place helped me get my life back. It gave me a reason to keep going, growing, and finally live fully and truthfully.

If you're struggling, know this: You're not too old, it's not too late, and you are not alone.

Walk through the door. We'll be waiting.

# Richard's Story



*Richard is our founder and one of our guiding compasses in the development of the Men's Shed.*

My name is Richard Nasedkin, and at 57, I've journeyed through four careers, each chapter shaped by my pursuit of purpose and understanding. Born and raised in Fairview, I began as a photographer with a small studio in the '80s. Marriage brought me to Grande Prairie, where I worked at the college in audiovisual before earning a teaching degree. I taught high school for 13 years, and it was during this period that I first confronted my mental health issues.

In 2006, I was diagnosed with Chronic Depressive Disorder, which explained my career changes. I had been blaming my condition on the jobs rather than working on the condition itself. During this hiatus, I volunteered with the Resource Centre for Suicide Prevention, speaking to men in trades and industry about mental health symptoms and encouraging them to get help for themselves or their co-workers. It became clear to me how scarce long-term support was for men. Crisis counseling existed, but ongoing support was costly and limited. Even with my benefits, I quickly maxed out my plan. Later, I facilitated a men's support group while working on a master's in counseling, which I eventually abandoned due to difficulties with academic writing. However, my passion for helping men remained. Research led me to the concept of Men's Sheds in 2008. Men's Sheds are community spaces where men can gather, work on projects, and talk openly about their lives. Despite initial challenges, I persisted.

I had one meeting in 2019, but I officially started the Men's Shed in February 2021 by providing a space, tools, and materials. Attendance fluctuated, but I continued, partnering with the Resource Centre for Suicide Prevention. They eventually provided a larger, rent-subsidized space, and the Shed began to thrive. Today, the Men's Shed is a vibrant community where men meet three times a week to connect, share stories, and support each other. We've even started a book club and a model-building group, expanding our activities to meet diverse interests.

The impact of the Men's Shed on its members is profound. It offers a safe, non-judgmental environment where men can discuss their mental health, find support, and form meaningful friendships. One member, David, shared how the Shed changed his life, giving him a place to belong and something to look forward to daily. Another member, Len, whose wife credited the Shed with saving their marriage, found a new passion for woodworking and transformed his daily routine. The Men's Shed has given me purpose and a sense of contribution. It has also profoundly impacted others, offering a sanctuary where men can find solace and companionship. For many, the Shed is more than just a place to work on projects; it's a lifeline, providing structure, connection, and a sense of community.

For anyone struggling with mental health or loneliness, I urge you to find a community like the Men's Shed. It's a place where connection and understanding flourish, where you can form meaningful friendships, support others, and even be supported. The Men's Shed is a testament to the power of community and the profound difference it can make in the lives of men and their families.

# David's Story



*Sadly we have since lost our friend David. May he rest in peace*

When I first discovered the Men's Shed, my life was in a very dark place. I was struggling with social anxiety, depression, and stress, and I rarely left my home. Meeting people was incredibly challenging for me, and I didn't have any friends. My family encouraged me to get out more, but I just couldn't find the courage.

Everything changed when I came across a flyer for the Men's Shed at a building I was visiting. My wife suggested I go, so I decided to give it a try. I attended my first meeting on a Tuesday night, and although I didn't say much, I drank coffee and listened to the conversations around me. It was the first time in a long while that I had ventured out, and it felt surprisingly good.

I continued attending, gradually becoming more comfortable. During my third meeting, I met a man named Brian. We hit it off and even went out for coffee together. This was something I never would have done before, but the Men's Shed created a safe space for me to open up. Slowly, I started making more friends and participating in activities.

The Men's Shed helped me overcome my fears and anxieties. I joined a woodworking project despite my previous traumatic experience with carpentry, where I had lost fingers in an accident. The support and encouragement from the other men helped me face my fears. By the sixth week, I knew several people by name and felt a sense of belonging I hadn't experienced in years.

With the confidence I gained from the Men's Shed, I started a model-building group. We began meeting on Monday nights to build plastic and diecast models. Initially, there were only four of us, but the group quickly grew. On our first night, nine people showed up, and the numbers continued to increase each week. The model-building group became another avenue for connection and creativity. Brian and the others supported this initiative, which allowed more men to join and share their interests. It was incredibly fulfilling to see everyone come together, helping each other and sharing our passion for model-building.

The Men's Shed has had a profound impact on my mental health. While I still deal with anxiety and depression, the sense of purpose and community I have found has enabled me to focus on the positive aspects of life. The group has provided a platform to channel my energy into productive activities, mitigating my fears and fostering a more optimistic outlook on the world.

My daughter has noticed the positive changes in me, and she even offered to write a letter of gratitude to Brian for his friendship and support. The Men's Shed provided me with a lifeline, allowing me to grow as a person and regain my confidence.

I am immensely grateful to Brian and the entire Men's Shed community for helping me find a new lease on life. This organization has been incredibly impactful, offering a safe space for men like me to connect, support each other, and overcome our struggles together.